

GOAL SETTING

TODAY'S DATE:

TARGET DATE:

START DATE:

DATE ACHIEVED:

GOAL:

WHAT EXACTLY WILL YOU ACCOMPLISH?

HOW WILL YOU KNOW WHEN YOU HAVE REACHED THIS GOAL?

IS THIS GOAL REALISTIC?

GOAL SETTING

WHAT ARE THE BENEFITS TO ACHIEVING THIS GOAL?

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LIST POTENTIAL OBSTACLES & SOLUTIONS:

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WHO WILL YOU ASK TO HELP YOU?

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